Information available from the U.S. Consumer Product Safety Commission indicates more than 90,000 youth aged five to 19 years were treated in hospitals for skateboarding injuries during 2005. The most frequent injuries were to wrists followed by arms, heads, faces, feet, and hands. Broken bones, bruises, sprains, and lacerations were the most common types of injuries. Many of these injuries could have been prevented by being aware of potential hazards and using safe skateboarding practices. For additional information about skateboarding safety, go to the Clover Safe note at: http://ucanr.org/cloversafe.

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